

2018 | Technical Report



TONGA INTER-TERTIARY
SPORTS EDUCATION PROGRAMME

TISEP REPORT

Tonga Intertertiary Sports Education Programme

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- Monica Tu’ipulotu (Tonga Ministry of Health)
- OSEP team from Fiji
- Salote Sisifā (Tonga Netball Association)
- ‘Inoke Afeaki (TASA)
- Netina Latu (Tonga Table Tennis)

To the eight tertiary institutions and their leaders who encouraged students to take part in the event, mālō ‘aupito.

- Tupou Tertiary Institute (TTI)
- University of the South Pacific (USP)
- Queen Salote Institute of Nursing and Applied Health (QSINAH)
- Tonga Institute of Education (TIOE)
- Fire and Emergency Services (FES)
- His Majesty’s Armed Forces (HMAF)
- St Joseph Business School (STJ)
- ‘Ahopanilolo (AP)

Finally, for all the hard work, a huge thank you to the Organizing Committee members as well as the volunteers from the Tonga Volleyball Association (TVA) and Tonga Netball Association.

Introduction

Sports education not only impacts the classroom but the community as well (Herrera, 2017). This brief report outlines a community initiative developed as part of the Oceania Sports Education Programme (OSEP) training delivered in Tonga for sports educators with an emphasis on sports administration. The OSEP, a programme initiated as a partnership between the Australian Sport Commission (ASC), the Oceania National Olympic Committees (ONOC) and Sports Federations in Oceania, continues to deliver sports administration and sports coaching courses to sports national federations (NF) in the region.

In partnership with the Tonga Amateur Sports Association National Olympic Committee (TASANOC), the OSEP courses were delivered by expert sports educators from the region. OSEP educators from various NFs were trained in Tonga by the OSEP team from Fiji, Lemeki Savua, Varanise Logavatu, and Josaia Tuinamata. The OSEP educators were assessed based on their competency to transmit knowledge to administrators from the various NFs. To further develop OSEP educators' as well as administrators' knowledge and skills in relation to planning, organization, and implementing a sporting event, the group was encouraged by the OSEP team from Fiji to carry out the task. Hence, from September to November 2018, the organizing committee was established with the goal for educators and administrators to work alongside each other and continue the ongoing learning and development transmitted by OSEP.

Because of time constraints and resourcing needs at the time, the group decided to host a volleyball event, the "Intertertiary Volleyball Competition" with two grades – male and female on Friday 23rd – Saturday 24th November, 2018. In future, it is the group's intention that during the 2019 intertertiary competition, there would be more sports included for tertiary students in Tonga.

The primary goal of this report is to evaluate the planning, organisation, and implementation of the intertertiary volleyball competition. As well, the report provides evidence of NF administrators' as well as educators' competency in the planning, organization, and implementation of a sporting event, as part of the OSEP course.

Why a "tertiary" event?

The Tonga National Youth Strategy emphasises "five priority areas: employment creation; skill development; community service; healthy living; participation and advocacy" (Tonga Youth Policy Factsheet, 2014, p. 1). The OC therefore, opted to focus on the "tertiary" level because it was perceived as an area of concern in relation to healthy living. As such, the "intertertiary sporting event" would provide an opportunity to support and develop youth through sport. Given the rise in the number of youth drug addiction, the sporting event was to highlight the significance of physical, spiritual, and emotional wellbeing (Radio and Television Tonga News, 2018).

Organizing Committee

The Organizing Committee (OC) was elected during the OSEP course in September 2018. Stated below are the individuals and their roles.

Administrator Role	Name	National Federation	Educator overseeing role
President (Palesiteni)	Tevita Siale	Tonga Volleyball	Tevita Vaikona (Tonga Rugby League)
Vice President (Tokoni Palesiteni)	Rose 'Ofa	Tonga Volleyball	
Secretary (Sekelitali)	Lavelua Taulahi	Tonga Netball	David Fa'avae (Tonga Volleyball)
Assistant Secretary (Tokoni Sekelitali)	Kalo Uasike	Tonga Volleyball	
Treasurer (Tauhi Pa'anga)	Mele Line Langi	Tonga Volleyball	Tavake Fangupo (Tonga Rugby League)
Assistant Treasurer (Tokoni Tauhi Pa'anga)	'Ofa Pakalani	TTI	
Competition Organiser	Sita Afu	Tonga Netball	Unita Tauhalaliku (Tonga Netball)
Promotions Officer	Lina Naeata	Tonga Netball	Unita Tauhalaliku
Volunteer Coordinator	Melvin Fifita	Tonga Boxing	Kerry Vaka'uta (Tonga Badminton)



OC members at the end of OSEP course – Sep, 2018



Left – Right: Rose ‘Ofa, Uinita Tauhalaliku, Mele Line Langi

Tupou Tertiary Institute

The primary funding source for the Intertertiary Volleyball Competition was by the Tupou Tertiary Institute (TTI) through the leadership of TII director, Dr. ‘Ungatea Kata, Tevita Vaikona, and ‘Ofa Pakalani. All meetings as well as the two-day volleyball competition was held at TTI in Nuku’alofa. Additional funding support was provided by the Tonga Ministry of Health which was sourced through TTI.

Financial Summary

The total budget for the event was \$5,521.00. The total expenses was \$5,331.00. A surplus of \$190.00 was retrieved at the end of the intertertiary volleyball competition. A detailed breakdown of the financial summary can be found attached as Appendix A.

Competition Placings

Below are the placings at the end of the 2018 intertertiary volleyball competition.

Womens Grade		Mens Grade	
<i>Placing</i>	<i>Team</i>	<i>Placing</i>	<i>Team</i>
1 st	Fire and Emergency Services	1 st	University of the South Pacific (USP)
2 nd	University of the South Pacific (USP)	2 nd	Tupou Tertiary Institute (TTI)
3 rd	Tupou Tertiary Institute (TTI)	3 rd	Queen Salote Nursing Institute and Applied Health (QSNIAH)

(see photos section)

Survey

A survey was developed to evaluate the planning, organization, and implementation of the event. Eight survey items were designed to collect a range of data from demographic nominal scale (items 1 – 3) to descriptive data (items 5 – 8). Item four was constructed using a 5-point Likert scale – Strong Agree, Agree, Neutral, Disagree, and Strong Disagree (see Appendix B). Given the small-scale nature of the report, a 5-point Likert scale was applied and deemed sufficient by the OC to fully capture the effectiveness of the planning, organization, and implementation of the event (Croasmun & Ostrom, 2011). Items 5 – 8 of the survey consisted of four short answer questions (see Appendix C).

Findings

The survey findings are grouped into two sections. **Part 1** shows participant demographic data, and **part 2** provides descriptive data of participants' views linked to the logistics of the event, that is to say, the planning, organization, and delivery of the volleyball event. **Part 3** of the survey consists of 4 short answer items designed to collect descriptive data from participants about the impact of the volleyball competition on their physical, spiritual, and emotional wellbeing.

Although a 5-point Likert scale was used in **part 2** of the survey to provide participants with choices during the data collection phase, however, when it came to the presentation of the data, the responses in the “strongly agree” and “agree” categories were combined, and the participant responses in the “strongly disagree” and “disagree” categories were also combined. Four categories were used to present the findings as graphs – “agree (A), neutral (N), disagree (D), and no response (NR).

Survey sample size is $n=68$. The data shows the gender composition of the participants (see table 1.1), the institutions and the number as well as percentage of survey participants (see table 1.3). Table 1.2 shows the participants' age groups versus gender composition. Table 1.4 shows the Likert scale items (statements) and the participants' responses to each.

Part 1 – Demographic data

Table 1.1 Gender Composition

Gender	Number	%
F	40	58.82%
M	28	41.18%
	68	100%

Table 1.2 Age versus Gender Composition

Code	Age group	Number		Total	Percentage (%)			
		Female	Male		%	Female	Male	% Total
1	17-20 years	12	2	14	20.59	85.71	14.29	100
2	21-23 years	25	16	41	60.29	60.98	39.02	100
3	24-26 years	1	3	4	5.88	25.00	75.00	100
4	27-29 years	0	3	3	4.41	0.00	100.00	100
5	30+ years	1	3	4	5.88	25.00	75.00	100
0	Less than 17 years old	1	1	2	2.94	50.00	50.00	100
		40	28	68				

Table 1.3 Survey Participants

Institution	Gender	Number	%
QSINAH	F	6	8.82
QSINAH	M	4	5.88
STJ	F	10	14.71
TIOE	F	1	1.47
TIOE	M	1	1.47
HMAF	M	10	14.71
USP	F	9	13.24
USP	M	6	8.82
TTI	F	8	11.77
TTI	M	7	10.29
FES	F	6	8.82
<i>n=</i>		68	100

Table 1.4 Likert Scale Items and Participants' Responses

Whole Numbers					
	Agree	Neutral	Disagree	NR	Total
A	44	7	8	9	68
B	50	5	4	9	68
C	40	6	13	9	68
D	48	8	2	10	68
E	32	10	12	14	68
F	36	14	7	11	68
G	23	12	23	10	68
H	49	1	8	10	68
Percentage					
	Agree	Neutral	Disagree	NR	Total
A	64.71	10.29	11.76	13.24	100
B	73.53	7.35	5.88	13.24	100
C	58.82	8.82	19.12	13.24	100
D	70.59	11.76	2.94	14.71	100
E	47.06	14.71	17.65	20.59	100
F	52.94	20.59	10.29	16.18	100
G	33.82	17.65	33.82	14.71	100
H	72.06	1.47	11.76	14.71	100

Part 2 – Participant responses to Likert scale items

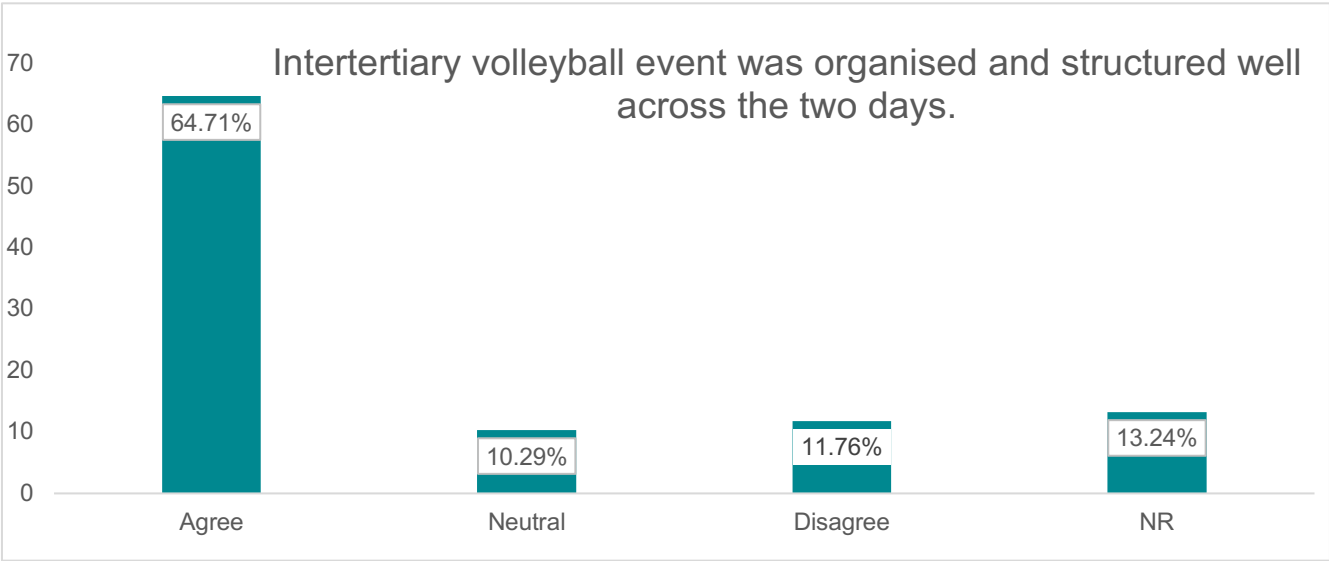


Figure 1. (a) Structure and organization of the volleyball event

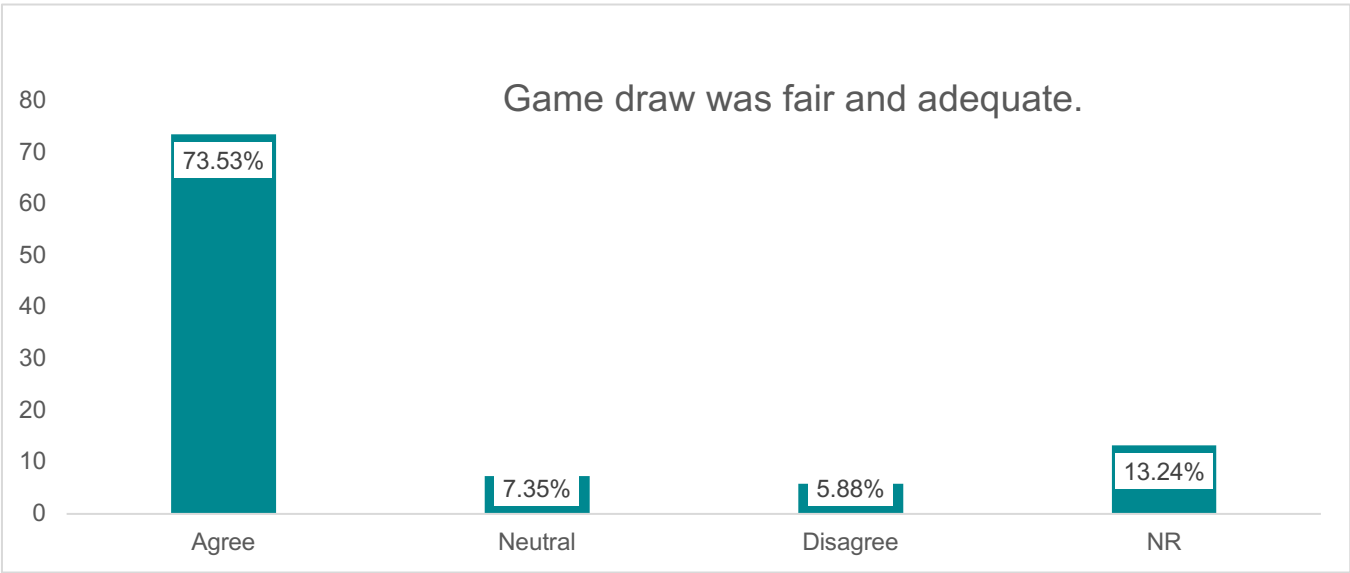


Figure 2. (b) Game draw

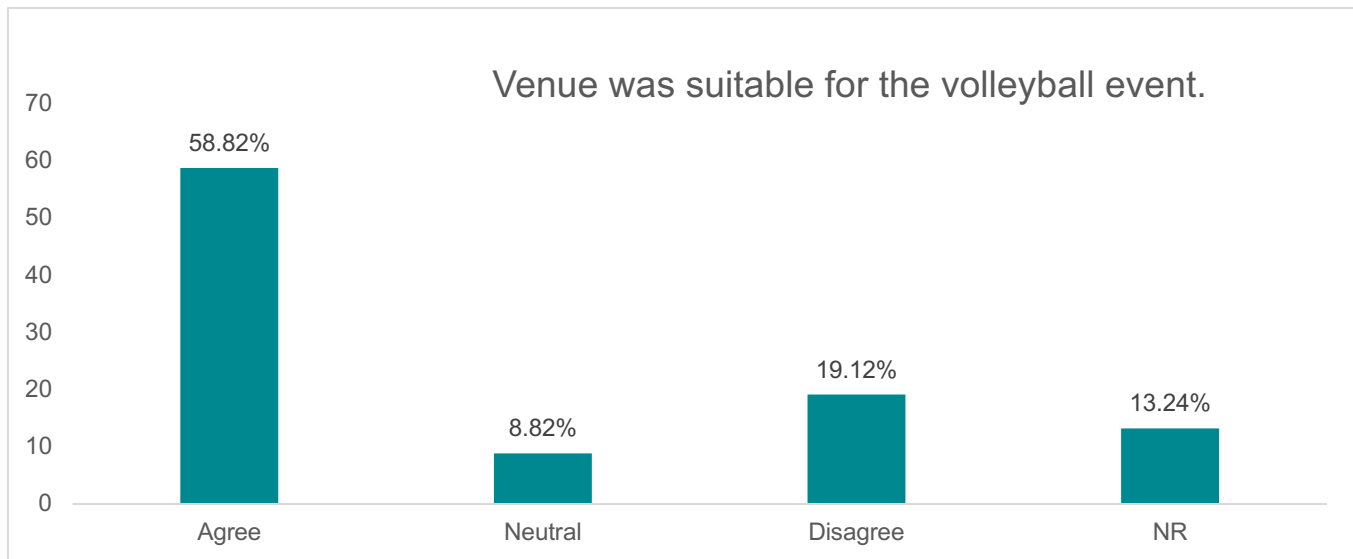


Figure 3. (c) Event venue

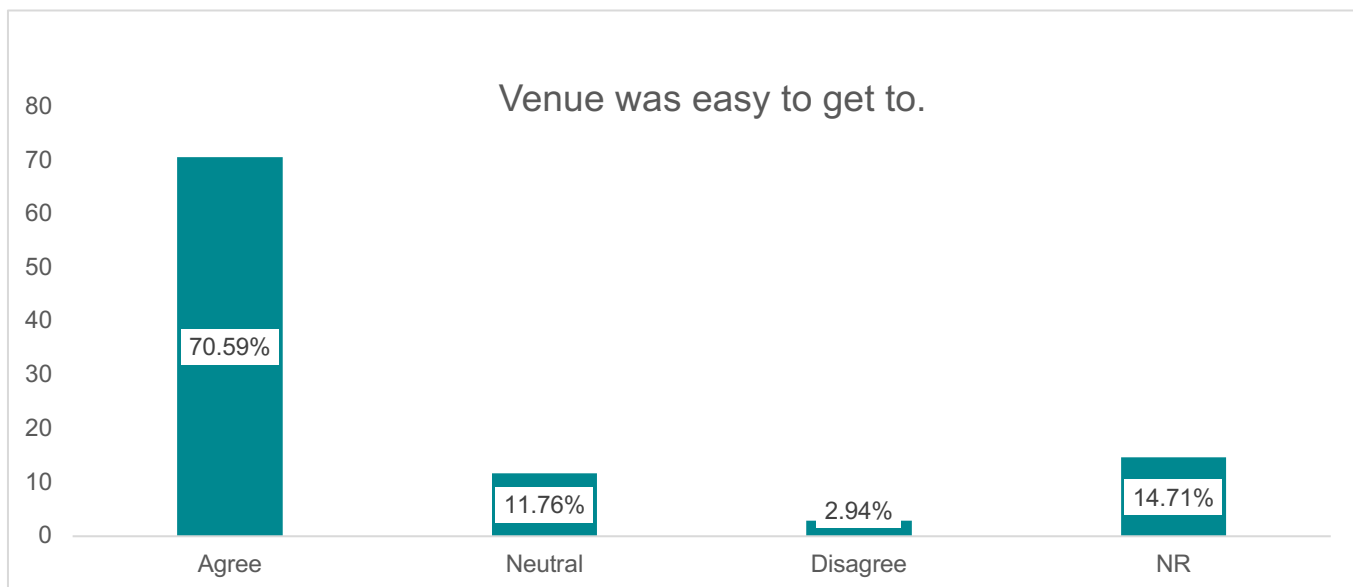


Figure 4. (d) Venue accessibility

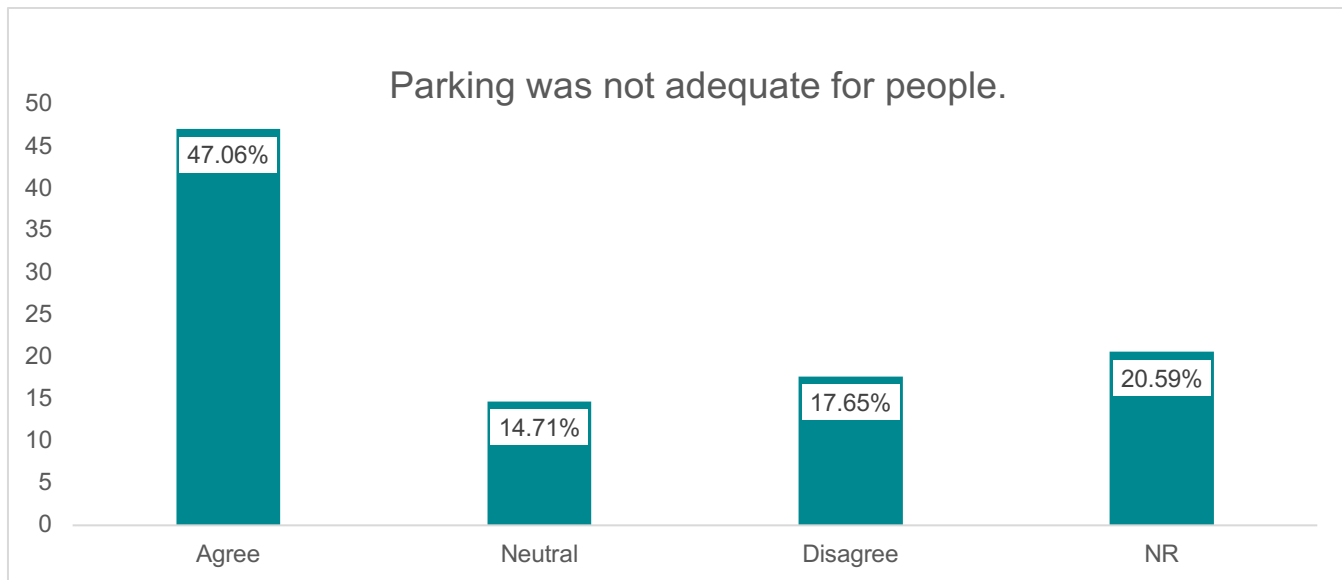


Figure 5. (e) Venue parking

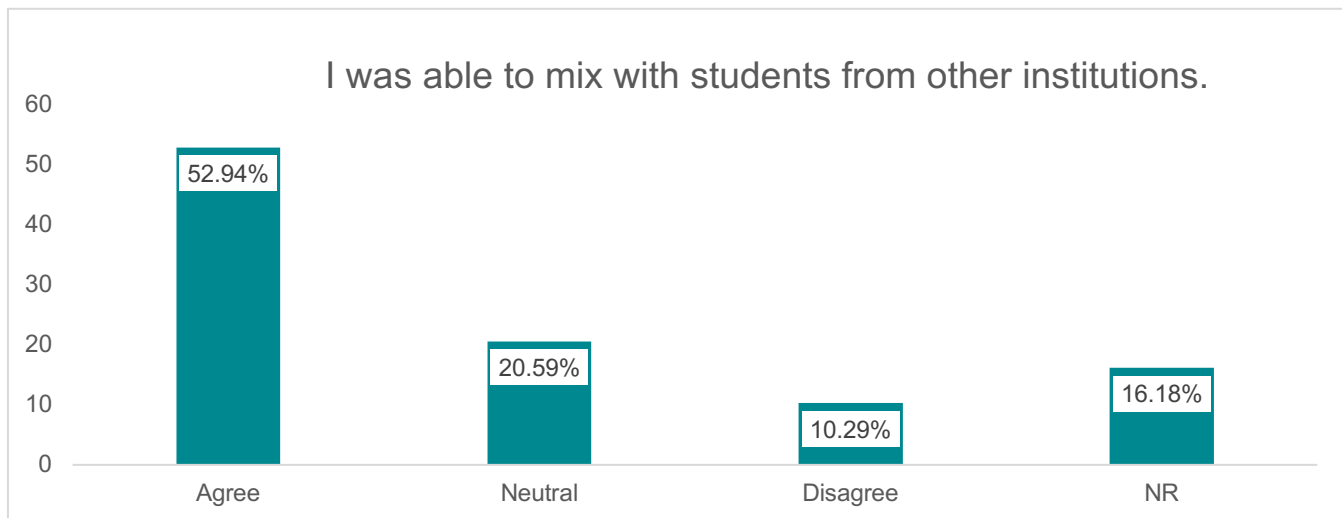


Figure 6. (f) Interact with students from other institutions

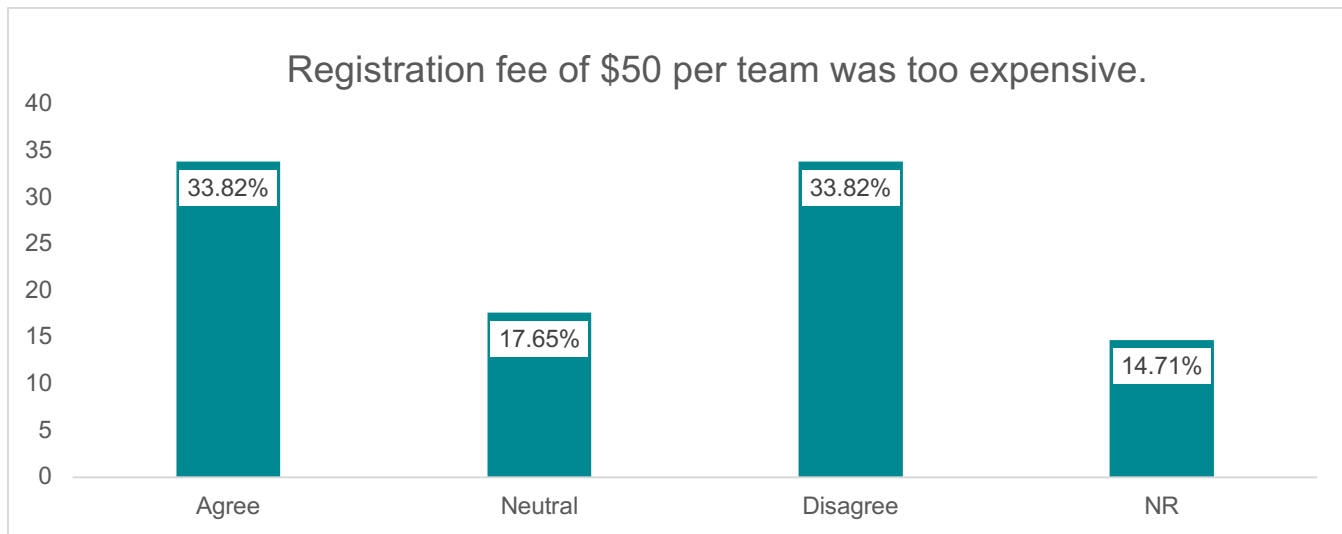


Figure 7. (g) Team registration fee

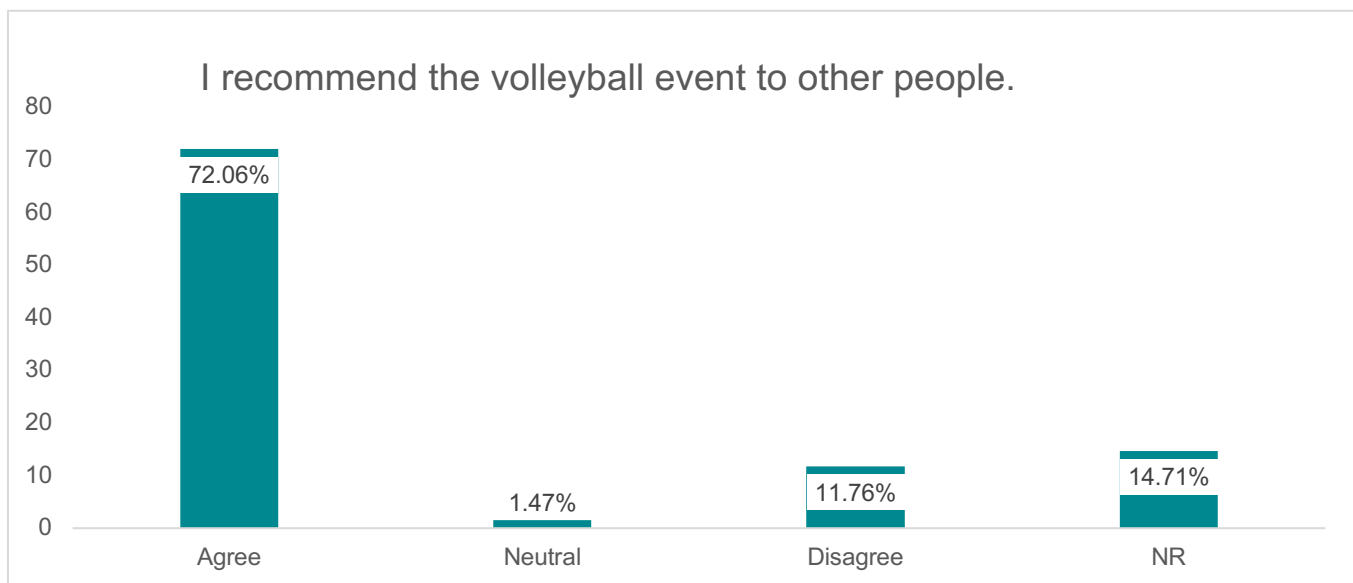


Figure 8. (h) Recommendation of volleyball event

Part 3 – Short answer questions

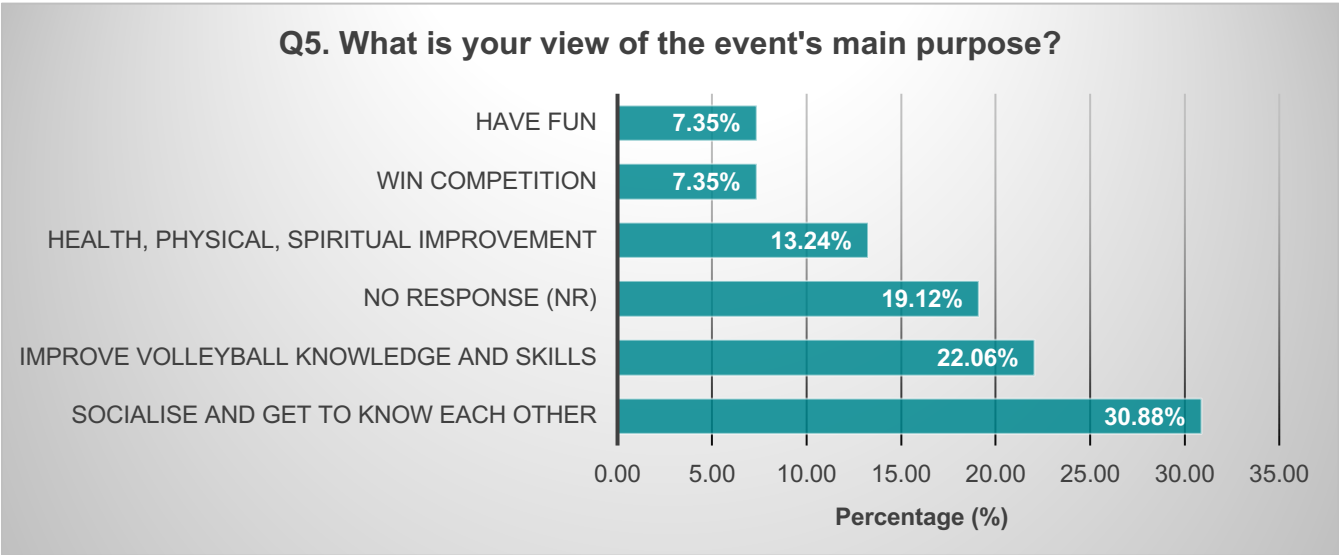


Figure 9. Participants’ views of the event’s main purpose

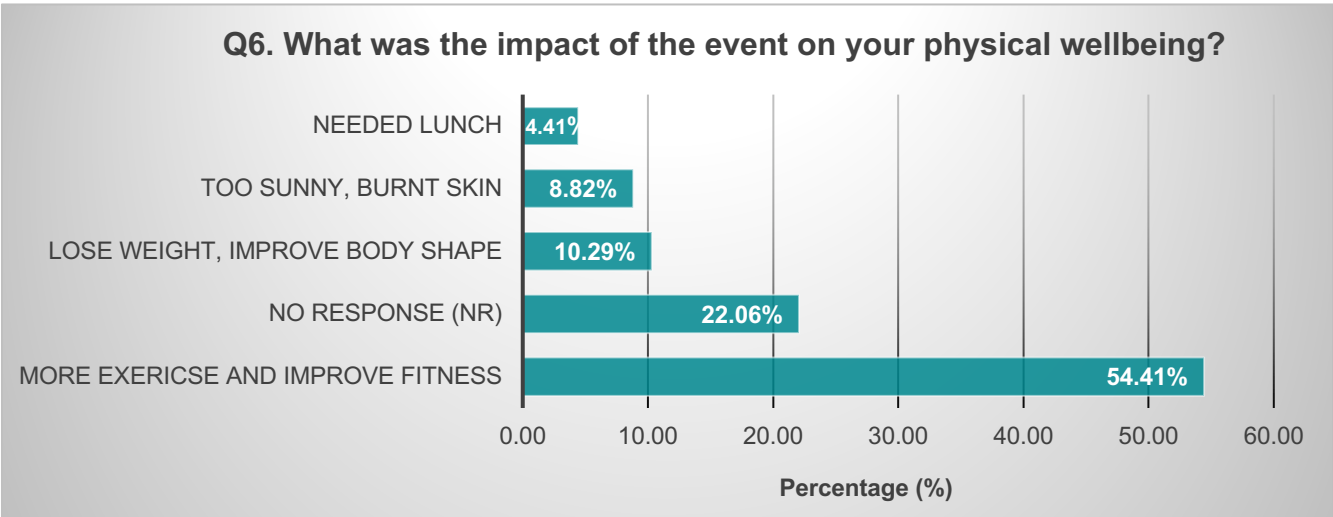


Figure 10. Impact of the event on participants’ physical wellbeing

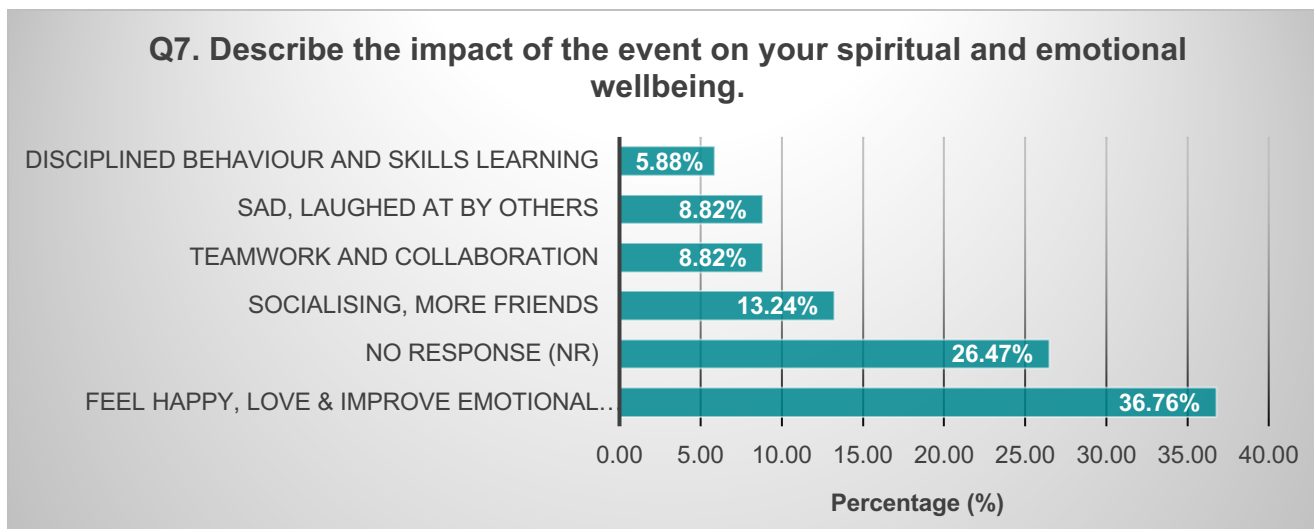


Figure 11. Impact of the event on participants' spiritual and emotional wellbeing

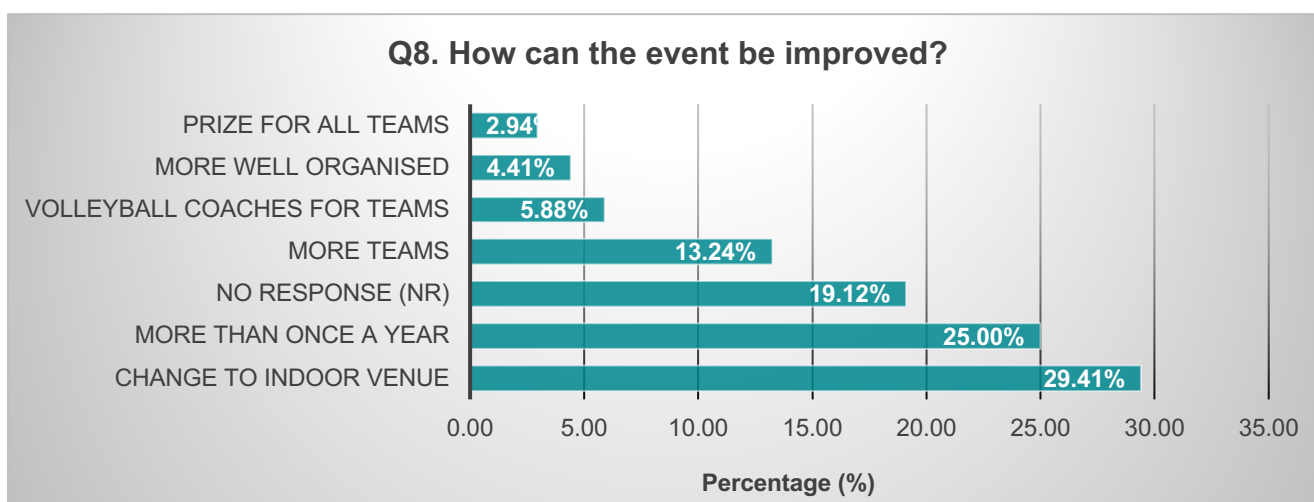


Figure 12. Ways the event can be improved

Discussion

This section discusses the data collected and analysed in relation to the primary goal of the report which was to evaluate the planning, organization and implementation of the intertertiary volleyball competition. A short survey was designed and utilized to gather data on participants' views of the volleyball event.

The gender composition of the survey participants is 58.82% females compared to 41.18% males (see table 1.1). The total number of participants in the study was $n=68$. The most predominant age group that participated in the survey were 21 – 23 year olds ($n=41$, 25 females, 16 males). The second group, 17 – 20 year olds ($n=14$, 12 females, 2 males) (see figure 1.2).

Intertertiary volleyball event

The planning and organization of the intertertiary volleyball event took place across two days of competition on Friday 23rd and Saturday 24th November, 2018. The event was a consequence of the Oceania Sports Education Programme (OSEP) course which was delivered across four days – Monday 24th to Thursday 27th September, 2018, and in partnership with the Tonga Amateur Sports Association National Olympic Committee (TASANOC).

At the end of the 4-day OSEP course, under Josaia Tuinamata's facilitation, the administrators and educators from the National Federations (NFs) were encouraged to use the training knowledge to organize a sporting event for tertiary students in Tonga. At the time, there was no formalised sporting event for tertiary students in the small Island kingdom and this was one reason the "tertiary" level was perceived as an area of opportunity to support and develop youth through sport and healthy living. Because of the increase in the number of alcohol and drug addiction amongst youth (Radio and Television Tonga News, 2018), planning an event specifically for "tertiary youth" was perceived as a way to help combat and promote healthy living in Tonga.

Planning and organization

The Organizing Committee (OC) was able to maintain regular weekly meetings prior to the competition. At the end of the OSEP course delivery, eight meetings were held in order to plan and organize the intertertiary volleyball competition. A post-meeting on the 21st of November was called so that members were able to compile their paperwork before the written report was to be constructed and submitted. Although a meeting was suggested after to present the report, unfortunately, not many of the members were able to attend. There were at least over 50% of the members present at each meeting in order for it to have a quorum.

- Oct 2nd, Tuesday, 6pm (meeting)
- Oct 9th, Thursday, 7pm (meeting)
- Oct 16th, Tuesday, 6:30pm (meeting)
- Oct 24th, Wednesday, 5:30pm (meeting)

- Oct 31st, Wednesday, 5:30pm (meeting)
- Nov 7th, Wednesday, 5:30pm (meeting)
- Nov 19th, Monday, 5pm (meeting)
- Nov 21st, Wednesday, 5pm (rehearsal)
- Nov 29th, Thursday, 5pm (post meeting)

Facebook messenger was utilized as the preferred medium of communication between members of the group. However, two members of the OC preferred emails as the main medium of communication.

Maintaining consistent attendance by OC members to meetings was a struggle for a few people. However, the majority of the members in key decision making roles regularly attended the meetings. Tevita Siale, Uinita Tauhalaliku, Kerry Vaka'uta, 'Ofa Pakalani, Lavelua Taulahi, Lina Naeata, Sita Afu, Mele Line Langi, and Rose 'Ofa maintained at least 80% attendance to the group meetings.

When participants were asked to evaluate the event, 64.71% of the participants agreed that the event was organised and structured well across the two days of competition. However, 11.76% of the participants disagreed and believed that the event was not organised and structured well. 10.29% were neutral, and 13.24% gave no response to the statement (see figure 1). There are recommendations suggested at the end of the report.

Venue

Choosing the appropriate venue for any sporting event is a crucial aspect of the planning and organisation process. According to figure 3, when participants were asked about the suitability of the venue for the event, 58.85% of the participants agreed whereas 19.12% disagreed. Accessibility to the venue was also asked for participant feedback, in which 70.59% agreed that the venue was easy to get to compared to 2.94% who disagreed (see figure 4). Although access to the venue was good, the parking at the venue was not. For example, figure 5 which stated that the venue parking was not suitable for people – 47.06% of the participants agreed compared to 20.59% who disagreed.

Despite the 58.85% of people who agreed that TTI was an appropriate venue for the volleyball event (refer to figure 3), when asked how the event could be improved, majority of the participants stated that moving the event from an outdoor to an indoor venue would be more preferred (see figure 12).

Registration fee

Item 4(g) in the survey explored how participants and teams felt about paying \$50 to register a team at the competition. The difference between those that agreed and disagreed was zero. 33.82% of the total number of participants agreed and 33.82% of the participants disagreed. 17.65% of the participants gave a “neutral” response in their decision about paying \$50 for registration, whereas 14.71% of the total number of participants gave a “no response”. (see figure 7)

Internal Processes

Of all the roles and responsibilities within the OC, documenting and accounting the financial transactions required more expert knowledge. One of the main risks in the organization and implementation of the intertertiary volleyball event was the lack of appropriate time given to organize the event. Another risk to the efficiency of the event organization was the delay in processing the finances. This is an internal process that requires the OC to work through and develop a better process with TTI.

Volunteers

An important aspect of community sporting events is the inclusion of volunteers to help with the implementation. TISEP was fortunate to have volunteers from the volleyball community in Tongatapu and that was largely to do with the presence of the Tonga Volleyball Association (TVA) and its committee members as part of the OC. Kerry Vaka'uta was responsible for taking care of the volunteers during the two day event.

Implementation

A strong feature of the implementation of the intertertiary volleyball event were the capacity of the administrators and educators in the OC. In particular, females from the Tonga Netball Association were quick to deliver on the logistics (including the designing of the “game draw”, counting points per game, and points differentiation) of the event mainly due to their experience implementing quite a number of netball competitions in Tonga. When participants were asked about the “game draw” and its impact on how fair and adequate the event, 73.53% agreed. Contrastingly, 5.88% of participants disagreed with the statement that the game draw was fair and adequate (see figure 2).

Based on item 4(f), overall the participants agreed that they were able to “mix with students from other institutions”. 52.94% of the participants surveyed agreed that they were able to mix with other students at the event, whereas 10.29% of the participants disagreed. 20.59% of the participants were “neutral” in their responses, compared to 16.18% who gave “no responses”. (see figure 6)

When participants were asked whether they would “recommend the intertertiary volleyball event to others”, 72.06% agreed. 11.76% disagreed, 1.47% were neutral, and 14.71% gave “no responses” (see item 4(h), figure 8).

Impact of the intertertiary volleyball event on participants' physical, spiritual, and emotional wellbeing

Sports education impacts the learning and wellbeing of youth (Herrera, 2017). Overall, the impact of the event on participants' physical, spiritual, and emotional wellbeing was positive. Participants were asked as to their own view of the intertertiary volleyball event's purpose and 30.88% believed it to be about socializing and getting to know other tertiary students (see figure 9). 22.06% perceived the event's purpose to be about improving volleyball knowledge and skills. 13.24% of the participants viewed the event as being about improving their health, physical, and spiritual

wellbeing. For 7.35% of the participants surveyed, the event was about winning the competition, and for 7.35% of the participants, it was about having fun.

The main impact of the intertertiary volleyball event on participants' physical wellbeing is that for 54.41%, it allowed them to do more exercise and improve their fitness. 10.29% of the participants surveyed believed that the event helped them lose weight and improve their body shape. (see figure 10)

In relation to the impact of the event on participants' spiritual and emotional wellbeing, 36.76% believed it made them feel happy, love, and generally improved their emotional wellbeing (see figure 11). 13.24% of the participants believed their spiritual and emotional wellbeing improved because the event allowed them to socialize and make more friends, and 8.82% believed the event improved teamwork and collaboration. In contrast, a negative impact of the event was that 8.82% of the participants believed the event led to people laughing at them and consequently made them feel sad. (see figure 11)

Recommendation

There are several recommendations proposed within this report for the OC and the OSEP group to consider and discuss prior to next year's event.

1. Process of receipting and releasing funds is to be reviewed
2. Appoint an individual dedicated solely to taking photos and videos
3. Active presence via social media – to share photos, videos, and communication
4. Organisation of the 2019 TISEP event at least 4 – 5 months prior to the competition
5. Identify few more sports to be included in the 2019 Intertertiary Sports Competition and include into the OC the members from those particular NFs
6. Identify ways to improve OC members' attendance
7. Uinita Tauhalaliku to be considered for the OSEP Master Educator role
8. Individuals from the National Federations (NFs) who were assessed as students, be considered for the next OSEP Educator course
9. How can TISEP be recognized by TASANOC and utilized as a site for NF administrators in Tonga.

Photos



Fire and Emergency Services – First Place, Womens Grade



USP Girls – Second Place, Womens Grade



Tupou Tertiary Institute (TTI) – Third Place, Womens Grade



Queen Salote Institute of Nursing and Applied Health (QSINAH)



His Majesty's Armed Forces



TTI vs USP – Mens Final



QSINAH – Boys and Girls

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Appendices

Appendix A – Financial Summary

Date	Particular	TTI	Tonga Health	Registration
	Budget Cover by TTI	\$ 3,160.00		
	Budget Cover by Tonga Health		\$ 1,711.00	
	Budget from Registration			\$ 650.00
	TOTAL BUDGET			\$ 5,521.00
Expenses				
21/11		\$		
/18	tents (x2 units, \$180 per unit)	380.00		
22/11	volunteers' transportation (x24 volunteers, \$10	\$		
/18	per day)	480.00		
22/11	refreshments (morning tea, lunch - \$150 per	\$		
/18	day)	300.00		
24/11	prize money (womens grade = 1st - \$500; 2nd -	\$		
/18	\$300; 3rd - \$200)	1,000.00		
24/11	prize money (mens grade = 1st - \$500; 2nd -	\$		
/18	\$300; 3rd - \$200)	1,000.00		
		\$		
		3,160.00		\$ 3,160.00
	Balance	\$ -		
13/11		\$		
/18	balls (x4 units, \$80 per ball/unit)	320.00		
	' nets (x2 units, \$160 per unit)	320.00		
	' scoreboard (x2 units, \$60 per unit)	120.00		
	' flags (x12 units, \$10 per unit)	120.00		
	' cones (set)	80.00		
	' Bottle of water (2 days)	200.00		
	' printing (draw, programs, certificates, flyers)	26.00		
13/11	printed t-shirts for officials and OC (x15, \$30	\$		
/18	each)	525.00		

		<u>\$</u>	\$
		<u>1,711.00</u>	1,711.00
		\$	
		-	
	Balance		
9/11/		\$	
18	Petrol	50.00	
20/11		\$	
/18	Printing	9.00	
		\$	
"	Printing	14.00	
21/11		\$	
/18	Petrol	30.00	
22/01		\$	
/00	Petrol	30.00	
23/11		\$	
/18	Pen x 12/ whistle x 5	11.00	
23/11		\$	
/18	Kentucky x 24 Food for volunteers	120.00	
24/01		\$	
/00	Water	40.00	
		\$	
"	Water	56.00	
24/11		\$	
/18	Kentucky x 20 for Volunteers	100.00	
		<u>\$</u>	\$
		<u>460.00</u>	460.00
		\$	
	Balance	190.00	

- Less Total Expenses				\$
				5,331.00

Surplus				\$
				190.00

Appendix B – Survey

Malo etau ma'u e 'aho ni.

Thank you for choosing to take part in this short survey. Your responses will help the “Organising Committee” with their evaluation and planning.

1. Name of your Institution.....

2. Gender: Male / Female (circle)

3. Current age group [tick ONE]

Less than 17 years old	<input type="checkbox"/>
17 – 20 years old	<input type="checkbox"/>
21 – 23 years old	<input type="checkbox"/>
24 – 26 years old	<input type="checkbox"/>
27 – 29 years old	<input type="checkbox"/>
30+ years old	<input type="checkbox"/>

4. Indicate the extent to which you agree with the following statements. Please tick ONE response for each item no.

Item No.	Statement	Strong Agree	Agree	Neutral	Disagree	Strongly Disagree
a	The inter-tertiary sporting event was well organised and structured across the two days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b	The games draw was fair and adequate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c	The venue was suitable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d	The venue was easy to get to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e	Parking was not adequate for people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f	I was able to mix with students from other institutions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g	The registration fee \$50 per team was too expensive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h	I would recommend this event to other youth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. Identify the purpose of the event.

6. Explain how the event impacted your physical wellbeing.

7. Explain how the event impacted your spiritual and emotional wellbeing.

8. How can the event be improved?

Appendix C – Short Answer Questions

Q5	No.	%	Q6	No.	%	Q7	No.	%
socialise and know each other	21	30.88	more exercise and improve fitness	37	54.41	feel happy, love & improve emotional wellbeing	25	36.76
improve volleyball knowledge and skills	15	22.06	no response (NR)	15	22.06	no response (NR)	18	26.47
no response (NR)	13	19.12	lose weight, improve body shape	7	10.29	socialising, more friends	9	13.24
health, physical, spiritual improvement	9	13.24	too sunny, burnt skin	6	8.82	teamwork and collaboration	6	8.82
win	5	7.35	needed lunch	3	4.41	sad, laughed at by others	6	8.82
fun	5	7.35	Total	68	100	disciplined behaviour and skills learning	4	5.88
Total	68	100				Total	68	100

Q8	No.	%
change to indoor venue	20	29.41
more than once a year	17	25.00
no response (NR)	13	19.12
more teams	9	13.24
volleyball coaches for teams	4	5.88
more well organised	3	4.41
prize for all teams	2	2.94
Total	68	100